

PREPARING FOR PARASURGERY

DAY. The parasurgery occurs during the Interassistential Parasurgery Dynamic (the Dynamic) on Friday, between the hours of 7pm to 9:30pm, Brazil time. Specifically the time in Iguacu Falls, Brazil, which is located in the Standard time zone: UTC/GMT -3 hours. We suggest you calculate what time this equates to where you live. Requests sent by the end Thursday, are attended on the Friday of the next Dynamic.

REST. Seek to avoid strenuous activities during the 24 hours prior to the Dynamic. Slow down the pace of your activities in this period.

FOOD. If you are awake, eat a light snack about 2 hours before the Dynamic begins, drink few liquids and avoid diuretic substances. 4 hours later, if you feel hungry, eat another light snack and then begin to your normal diet.

ENVIRONMENT. During the time of the Dynamic seek to lie comfortably on your bed or in a reclining chair. The more still you can remain the better, however remain comfortable and do not force the body to remain in an uncomfortable position. The environment should be semi-dark, without any noises that disturb your relaxing. Turn off your phone and make sure you will remain completely undisturbed during this period. The environment should be tidy, clean and free of any accumulated, unnecessary objects. Leave only a pen and paper within reach for taking notes.

COMPANIONS. Within the closed room, company is only recommended in cases of children or people who need direct physical assistance.

AMULETS. The use of any amulet, prayer, music, incense or any other accessory are not recommended. Just relax.

BME. For who knows how to, perform the techniques of the basic mobilization of energies (BME) and the Vibrational State (VS), make use of this resource to help you relax. Perform a fast and efficient work with energies and after relax, staying aware of your perceptions and paraperceptions.

REPORT. After the experience, write comprehensive notes on the main points perceived during the period. This report of your perceptions can be submitted via the [Ectolab website](#) or send it via email to relatodecirurgiainvisivel@gmail.com.

CONVALESCE. Try to have a quiet weekend, without any issues or larger commitments. Stay at home and perform normal daily tasks. Avoid driving, lifting heavy weights, performing strenuous physical activity, climbing stairs, attending festive events or places with greater visual or audial stimulation.